1: Fitzgerald H-5 (1937-1938) AE3 Sino-Tibetan
Border Peoples AE3

482 so. The man at the back cannot see the road ahead, and the one in front therefore directs him when the road is rough or when an obstacle is encountered. These directions are given in set formulae framed in rhyming slang, and the rear porter replies in the same manner to show that he has heard and understood. These phrases cannot be literally translated without losing their character, but English equivalents would be, *e.g.*, if the road is wet ahead, the leader says "Slippery place", and the one behind replies "Mend your pace" (*hua te hen—ch'ai te wen*).

Porters and litter bearers are always Ssu Ch'uanese, and usually ragged wretches drawn from the poorest class who have taken to the roads to earn a hard living. Most of them are opium smokers, but though this probably shortens their lives, they do not seem to be any the worse for it when on the road. They spend their entire lives travelling to and fro over these mountain roads, and though unable to read and quite unfamiliar with maps, many porters know every road in south-west China, and can repeat the names of the stage points from Bhamo to Ch'ung King, more than a thousand miles. They never seem to save enough money to retire, for their wages go on opium to ease the pain in their aching shoulders after twenty miles of rough road. The muleteers, who are men of substance, owning their animals and often some land as well, despise these human beasts of burden, who are also strangers from another province.

484 491 Neither muleteers, porters, nor travellers have any real protection against bad weather. In the winter months, when most travelling is done, rain is rare and light, but on the high ground it turns to sleet or snow, and conditions can be very bad in such weather. The mud road becomes a slippery slide on which neither man nor beast can keep a sure footing, and the broken stone paving is, if anything, worse

Meow

262 noodles made of both wheat flour and bean flour, carrots and white cabbage in Ho-chou. For feasts wealthy people prepare "pao-tzu," i.e., pastries of cooked flour dough, Chinese style, which are filled with garlic. Rice is also occasionally served. It is prepared in [265] various ways, preferably boiled until it is soft, with sugar added.

263 Garlic and paprika are the chief condiments, also hua-chiao
273 (Zanthoxylum piperitum D.C.). Salt comes from the Kokonor.
733 Wine is purchased from the Chinese who make it from Tibetan barley. It is not very potent. Most Tibetans drink only on festive occasions; but now and then one also finds confirmed /33/ drunkards. When they are drunk the Fantzu often get very raucous and crude. They sing and shout and brandish their swords. These drunken bouts often end in a fight and sometimes also in murder.

276 Most Tibetans do not smoke because tobacco is very expensive. When they do, they buy pipes from the Chinese or make them themselves of wood or bone. They use the tibia of the sheep, just like the Northern Chinese, for example, in Shansi. Taking snuff is much more common than smoking, but the snuff contains no tobacco. They either make it themselves from a mixture of tobacco ashes and the finely pulverized ash that remains when sheep dung is burned, or they buy Chinese snuff in Ho-chou. The latter is made of wood ashes mixed with various "medicines." The snuff powder is stored in yak horns or in snuff boxes. (1)

1. Rockhill 1), Plate 17, Figures 2 - 4.

264 The nomads eat three meals a day. Breakfast is rather late, after the livestock has been milked and driven out to pasture. The midday meal is eaten when the sun is at its height, the evening meal rather late, after dark. The food - mainly tsamba and butter - is the same at all meals. Guests are also offered food three times a day. Men and women eat the same food, but they are not permitted to eat together in the tent. The men eat in the right-hand section of the tent, the women in the left. The food must be handed from one section to the other around the hearth; it is considered very impolite to hand it over the hearth. (2)

2. so as not to offend the spirit of the hearth: Hermanns 3), page 48.

252 The cooking pots are large kettles made of brass about 80
415 centimeters in diameter and 60 centimeters high. They are